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that the cause of present trouble may not be repeated. In fact, you need some one with efficiency to handle every emergency which may arise.

Again I ask, Is your town investing in the American of to-morrow? During the last ten years over three million babies, under one year of age, have died in the United States. How many have died in your town? And it is not only the babies who have died, but what about the little ones who live and in after life develop tuberculosis and die because of the sickness they had contracted as babies? Three million babies in ten years or an annual death-rate of three hundred thousand! Do you realize what that means to America?

We speak of race suicide. Our race suicide comes in the slaughter of the innocents, for these babies need not die. In many places where preventive work has been introduced, the death-rate has been cut in half. For so many, many years a baby's death was rated as due to the hand of Providence. To-day we place the blame where it is due, and that is at the door of social, economic or moral conditions.

(To be continued.)

A "KLONDIKE" BED

OUTDOOR SLEEPING DURING WINTER AT THE EDWARD SANATORIUM,
NAPERVILLE, ILL.

By WINNIFRED McEDWARD, R.N.

I. *Arranging the Bed.*—1. Sew a layer of building paper on the springs and over it a strong piece of unbleached muslin or canvas. This not only prevents the cold from coming up underneath, but also keeps the paper in place.

2. Place an unbleached muslin cover over the mattress and a pad on the top of it; then cover with a white cotton sheet, tucking it in at head and sides.

3. Cover three-fourths of the bed, lengthwise, with a heavy woollen blanket, with part of it extending over one side. Put another one in like manner on the other side of the bed. Place a pillow at the head.

4. Place a double flannelette sheet, five and one-half or six yards in length, over the bed, with the closed end at the foot. Fold over the sides of this sheet (allowing enough room to sleep between) and let the under part of the sheet extend over and around the pillow.

5. Fold over the flaps of the two blankets and tuck in the upper one.
6. Place one or two double blankets over all, tucking in well at the sides and foot of the bed. Fold back the upper part of the flannelette sheet over the blankets.

7. Place a khaki or canvas cover over the entire bed.

To get into this bed it is necessary to slide in at the top. The lower part of the blanket sheet may be drawn over the head and shoulders while the upper part may be tucked under the chin, so that only the face is exposed.

II. *To Dress for Outdoor Sleeping During the Winter.*—1. Put on a suit of underwear that fits comfortably; this may be either wool or fleece-lined. Over this an additional larger suit of woollen underwear may be worn if necessary.

2. Wear a heavy pair of wool socks; over these lamb's wool bed-shoes or lumberman's socks. The bed-shoes are made of lamb skin and are laced like shoes.

3. A heavy flannelette nightgown or suit of pajamas comes next. Pajamas are better, as they fit more comfortably. This is especially true when the patient must slide into the bed, starting at the head and going down feet first.

4. If the blanket sheet of the "Klondike bed" is not sufficient protection for the head, a flannelette cap that fits over the forehead and under the chin is worn. One with a shoulder cape is desirable.

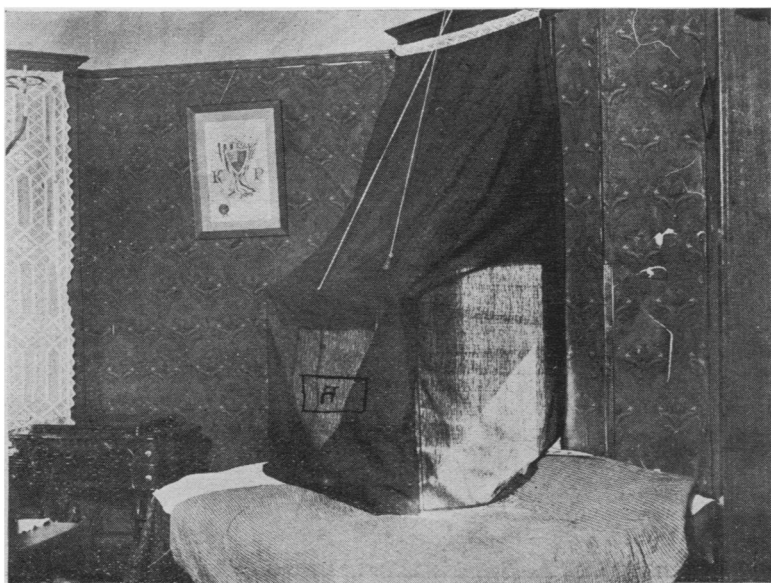
5. In extreme weather more underwear may be worn. The bed may be warmed by a soap stone or hot water can (one that holds a gallon of water will retain its heat all night, even in the coldest weather). A heavy eiderdown robe must be worn to and from the dressing room.

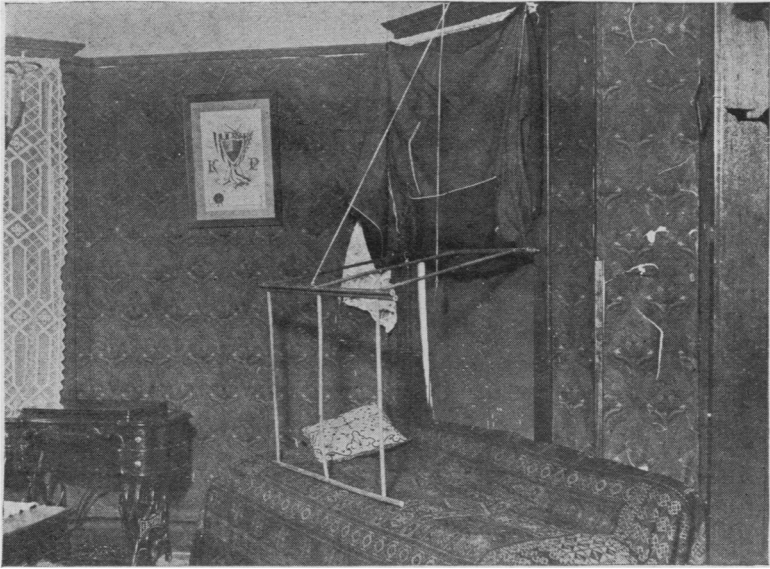
ITEMS

THE accompanying illustrations show a window tent planned by a fourteen year old Chicago Tuberculosis Institute patient, and made by his mother with his help. The materials cost about \$2.00 and the mechanism needs no explanation.

Heavy duck curtains, made long enough to tuck under the head and side of the mattress, will help to keep the air from entering the room, and a small curtain of the same material may be arranged on cords in the open window to keep out the rain or snow, if necessary. A small celluloid window (marked *A* in Figs. 1 and 2) may be put in at the side, if desired.

The cot in these pictures is a little too wide, although, of course, it is possible to use a full size bed. A single cot, the head of which might





be covered completely when the window tent is down, would serve the purpose better.

As the accompanying cartoon will show, the Instructive Visiting Nurse Committee of the Minneapolis Associated Charities had a most successful tag day last month. In all \$21,641.41 was taken in. This work was under the direction of the Minneapolis Woman's Club and was conducted in a very quiet way. The young women who collected were not allowed on the streets, nor did they "hold up" in any way the passer-by. There were stations in all the large stores down town, in business houses, and in small stores all over town. Children in schools were enabled to contribute to stations placed in nearby stores and considerable money was taken in from the schools in this way.

The papers were exceptionally kind in their notices and reports of the tag day and one very enthusiastic set of workers, The Mothers' Club of University Settlement House, did excellent work. Miss Minnie F. Paterson is the superintendent of nurses.

MISS HUBRECHT gave, in *Nosokomas* for August, a very thoughtful and suggestive account of the Neo. Malthusian Congress that was held at that time in Gravenhagen. It was attended by Professor Forel, of Geneva, and by other prominent workers and thinkers of all the European countries. The study of this group of people is the improvement of the human race through scientific culture. Great emphasis is laid by Ford on heredity. He places it ahead of environment, important as is the latter. The battle cry of the congress may be summarized thus: fewer children and better quality, better cared for, and more successfully kept alive. Incidentally the economic inferiority of women was shown to be an obstacle in the way of a higher type of humanity.

Do not wait for any dramatic crisis; do not look for your opportunities of highest service in the midst of adventures. Go straight on into common life. Face the daily task and the daily temptation with high and consecrated courage.

GEORGE HODGES